Goal Setting

If you are taking a course right now, perhaps just finishing is your goal. When you set goals you should also be prepared to address adversities that may arise while you are on your way to your goal.

Let’s practice. Assume your goal is finishing a course…

Write down the following:

* two positive outcomes of finishing the course,
* two obstacles you might encounter
* two if-then statements for overcoming the obstacles (for example, "If I get too busy, I'll say no to some things so I still have time to submit my work.").

Now that you’ve got the idea, record one of your goals, create your positive outcomes, your obstacles and then write two If/Then statements that will aid in the completion of your goal.